

## ABSTRACT

A heat-regeneration method of an adsorbent containing an adsorbent wherein the heat-regeneration can be conveniently and efficiently carried out. It provides a method for regenerating an adsorbent by desorbing an adsorbed substance which has been adsorbed to the adsorbent through heating, wherein said method is a heat-regeneration method of the adsorbent which comprises irradiating a microwave or applying a high-frequency wave to the adsorbent containing the adsorbed substance in the presence of a magnetic material having a Curie point of from 50 to 350°C to thereby allow the magnetic material to generate heat and to simultaneously heat the adsorbent by the generated heat.